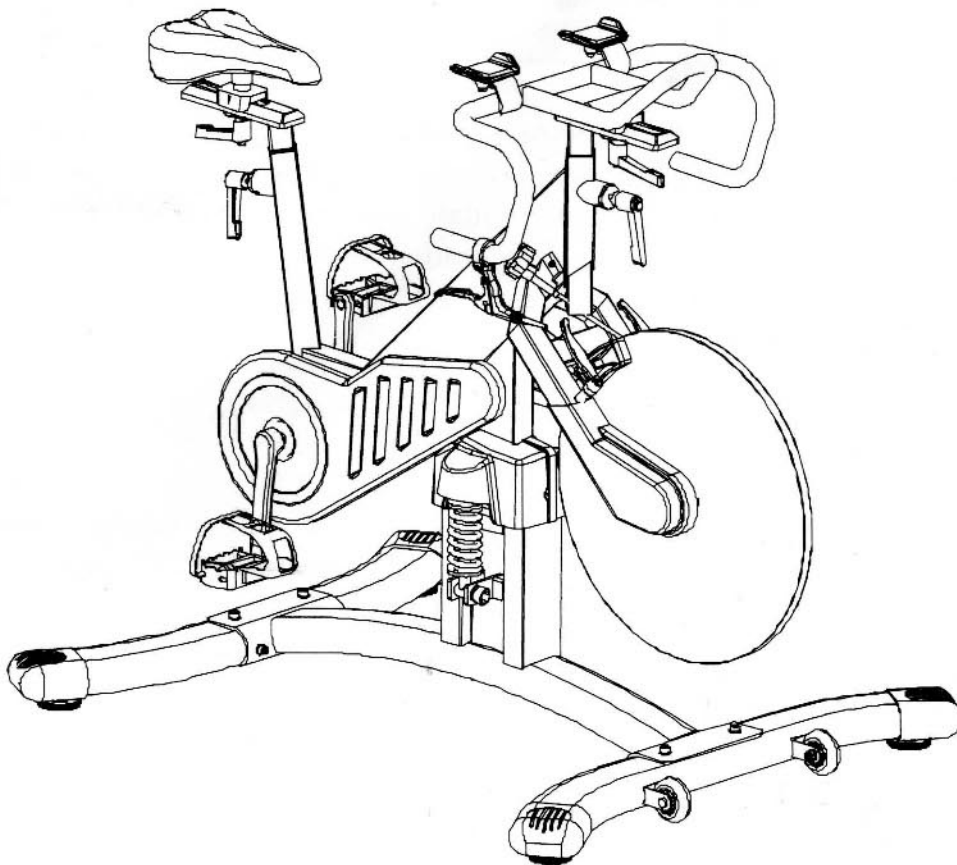


BODYCRAFT

TOUR TRAINER INDOOR CYCLE ASSEMBLY MANUAL



Questions?

As a quality fitness equipment supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BODYCRAFT at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

We stand behind our products. Every piece, every part of this BODYCRAFT indoor cycle system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

Bodycraft is a division of Recreation Supply Inc.
P. O. Box 181
Sunbury, OH 43074

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BEFORE YOU BEGIN

Congratulations and thank you for selecting the **Bodycraft Tour Trainer Indoor Cycle**. The **Bodycraft Tour Trainer** offers an incredibly realistic indoor cycling experience. Whether your goal is cardiovascular fitness, or training for outdoor cycling events, the **Tour Trainer** will help you achieve the specific results you desire.

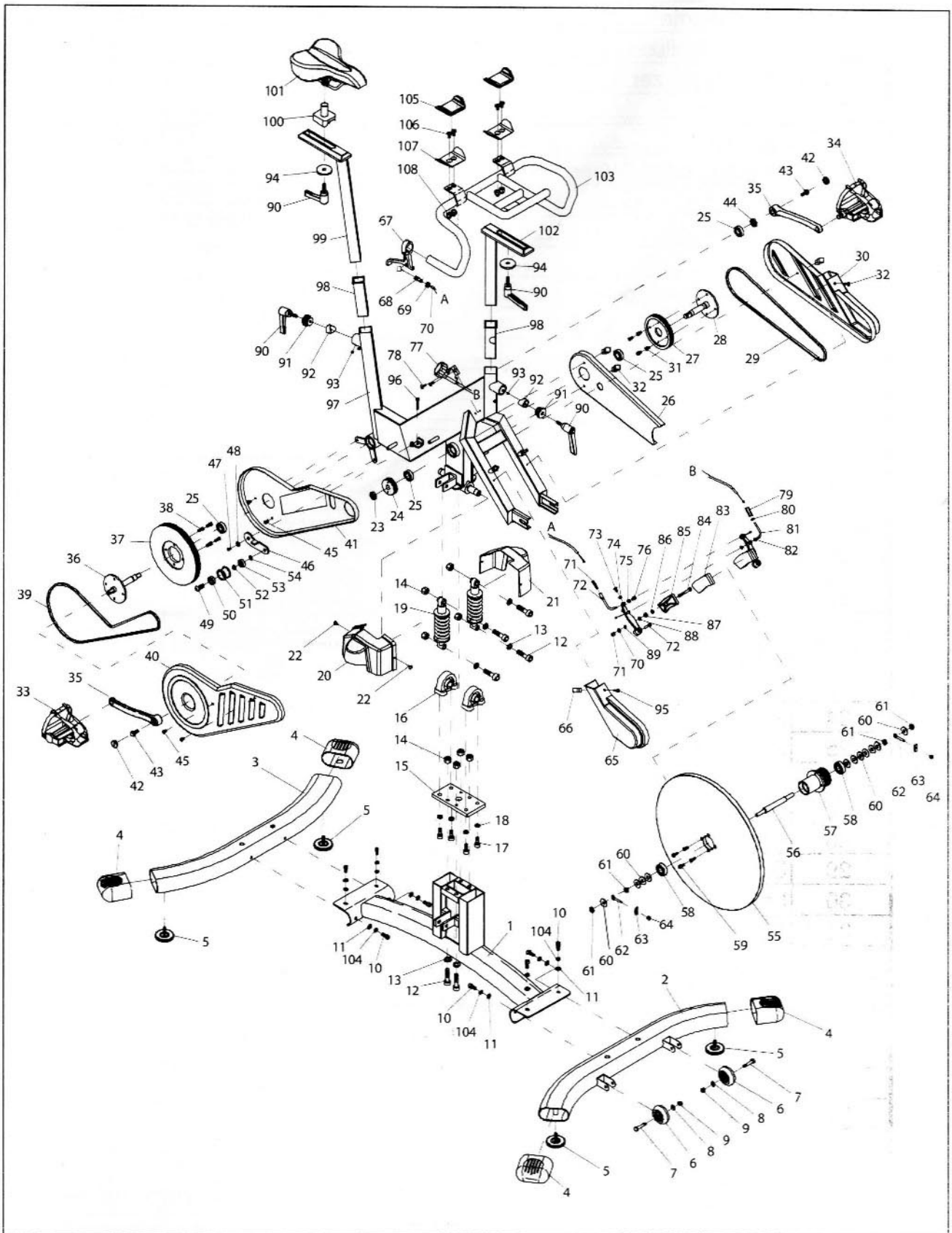
For your safety and benefit, please read this entire manual before using the **Bodycraft Tour Trainer**. Keep this manual for future reference. If you have additional questions, please call your local **BodyCraft** dealer, or our customer service department at 800-990-5556, 9-5 Eastern time.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
3. Keep children away from the **Bodycraft Tour Trainer** at all times.
4. Keep your hands away from flywheel and all moving parts.
5. When adjusting the seat post and handlebar post slowly to avoid your fingers not pinching by seat post or handlebar stem and seat is tighten by Lock Lever. Be certain to tighten the Lock Levers on the seat and handlebars. Not tightening may cause slipping and injury.
6. Wear soft jogging shoes and put your foot as far forward as you can to toe-clip, use two hands to adjust the strap of pedal to tighten.
7. Do Not raise the Handlebar Stem and Seat Post above SAFETY LINE. Failure to do so may result in serious injury.
8. If unsure about the proper use of the **Bodycraft Tour Trainer**, please call your local **BodyCraft** dealer or our customer service department at 800-990-5556.

EXPLODED DRAWING



NO.	DESCRIPTION	QTY.
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	End Cap	4
5	Leveler	4
6	Transportation Wheel	2
7	Bolt	2
8	Washer	2
9	Nut	2
10	Hex Sunken Screw	8
11	Washer	8
12	Bolt	6
13	Washer	6
14	Nut	8
15	Connecting Plate	1
16	Mounting Bracket	2
17	Bolt	4
18	Washer	4
19	Spring	2
20	Right Plastic Cover	1
21	Left Plastic Cover	1
22	Fixed Screw	2
23	Nut	1
24	K - Belt Pulley - 1st Stage	1
25	Bearing 6203	4
26	Right Chain Cover	1
27	K Belt Pulley - 2nd Stage	1
28	Wheel Axle - 2nd Stage	1
29	Belt	1
30	Left Chain Cover	1
31	Bolt	4
32	Screw	4
33	Right Pedal	1
34	Left Pedal	1
35	Pedal Crank	2
36	Crank Axle	1
37	K - Belt Pulley	1
38	Bolt	4
39	K - Belt	1
40	Right Chain Cover	1

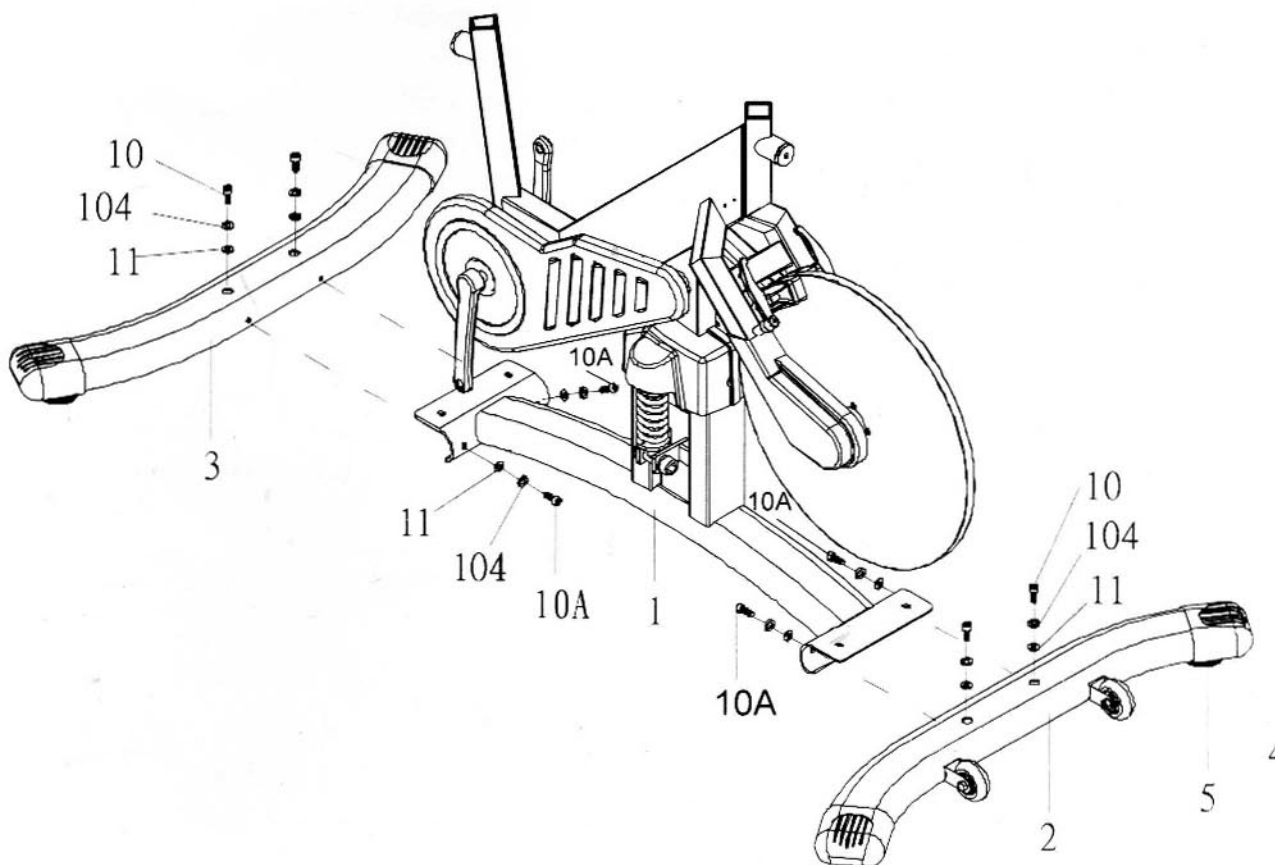
NO.	DESCRIPTION	QTY.
41	Left Chain Cover	1
42	End Cap for Axle M22	2
43	Flange Blot	2
44	Nut	1
45	Bolt	4
46	Tension Wheel Plate	1
47	Bolt	1
48	Washer	1
49	Bolt	1
50	Bearing 6000	1
51	Tension Wheel	1
52	Tension Wheel Spacer	1
53	Brake Caliper Washer	1
54	Washer	1
55	Front Flywheel	1
56	Hub Axle	1
57	Fixed Hub	1
58	Bearing 6023	2
59	Bolt	4
60	Washer	11
61	Nut	4
62	Eye Bolt	2
63	Eye Bolt Plate	2
64	Nut	2
65	Front Right Cover	1
66	Screw	1
67	Brake Lever	1
68	Brake Lever - Cable Adjuster	1
69	Brake Lever - Nut	1
70	Brake Lever - Cable	1
71	Brake Caliper - Adjuster	1
72	Brake Caliper - Cable Guide Tube	1
73	Brake Caliper - Bolt	1
74	Brake Caliper - Spacer	1
75	Brake Caliper - Nut	1
76	Brake Caliper - Bolt	1
77	Resistance Adjuster	1
78	Screw	2
79	Brake Caliper - Adjuster	1
80	Brake Caliper - Nut	1

NO.	DESCRIPTION	QTY.
81	Brake Caliper - Cable Guide Tube	1
82	Brake Caliper - Nut	1
83	Brake Caliper - Felt Pad	1
84	Brake Caliper - Bolt	1
85	Brake Caliper - Felt Pad Support	1
86	Brake Caliper - Nut	1
87	Brake Caliper - Spacer	1
88	Brake Caliper - Washer	1
89	Brake Caliper - Washer	1
90	Lock Lever	4
91	Lock Lever Nut	2
92	V Block	2
93	Lock Lever Clamp Spacer Bolt	2
94	Aluminum Washer	2
95	Brake Caliper Bolt	1
96	Bolt	1
97	Bike Frame	1
98	Plastic Sleeve	2
99	Seat Post	1
100	Horizontal Seat Adjuster	1
101	Seat	1
102	Stainless Steel Handlebar Stem	1
103	Handlebar	1
104	Spring Washer	8
105	Cushion Pad	2
106	Bracket	4
107	Pad Holder	2
108	Brake Lever Holder	4
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STEP 1 FRONT AND REAR STABILIZERS

1. Assemble the Tour Trainer on a flat, level surface. Attach the Front Stabilizer (2) and Rear Stabilizer (3) to the Main Frame (1) using four Hex Sunken Screws (10), four Spring Washers (104), and four Washers (11). Adjust the Levelers (5) screwed into the Front and Rear Stabilizers (2 & 3) to ensure the Tour Trainer is completely stable.

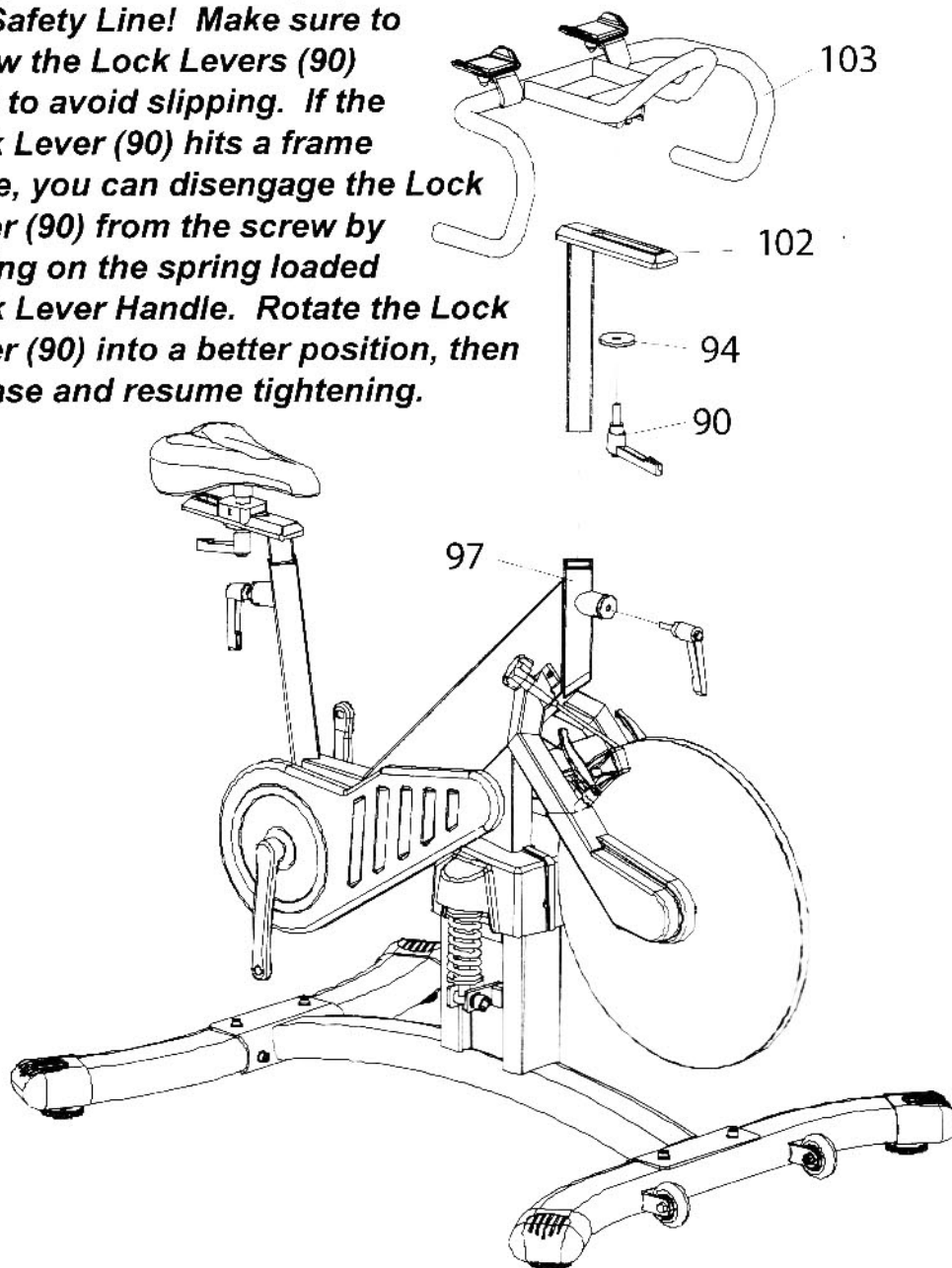
Please tighten horizontal Sunken Screws (10A) FIRST to ensure the stability of Front and Rear Stabilizers after all 8 pcs Sunken Screws (10) screw in the tube by hand.



STEP 2 ASSEMBLE HANDLE BAR AND STEM

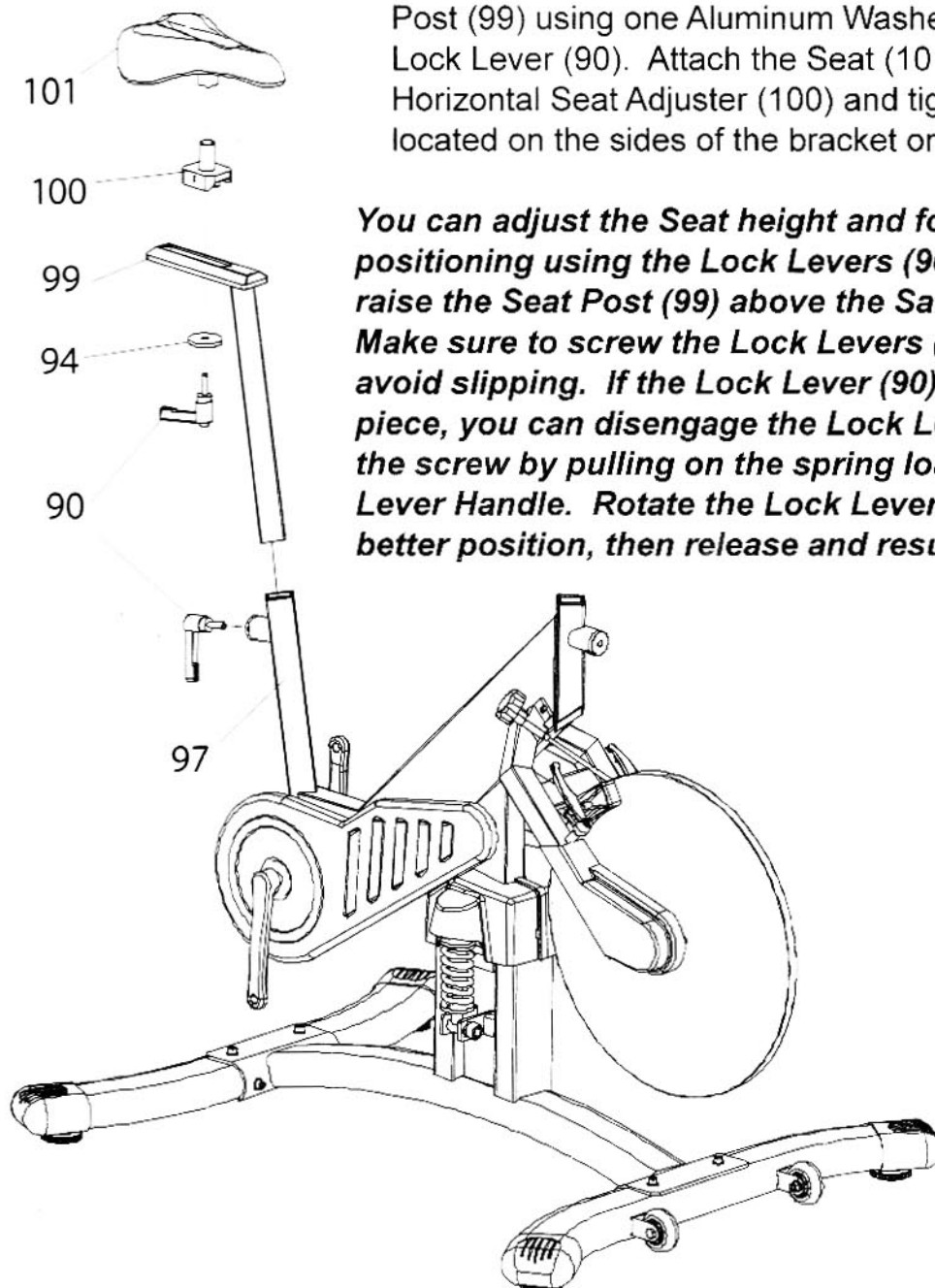
1. Insert the Stainless Steel Handlebar Stem (102) into the front tube on the Bike Frame (97). Screw a Lock Lever (90) into the front tube.
2. Attach the Handlebar (103) to the slot in the Handlebar Stem (102) using one Aluminum Washer (94) and one Lock Lever (90).

You can adjust the Handlebar (103) height and forward positioning using the Lock Levers (90). Do NOT raise the Handlebar (103) above the Safety Line! Make sure to screw the Lock Levers (90) tight to avoid slipping. If the Lock Lever (90) hits a frame piece, you can disengage the Lock Lever (90) from the screw by pulling on the spring loaded Lock Lever Handle. Rotate the Lock Lever (90) into a better position, then release and resume tightening.



STEP 3 ASSEMBLE SEAT AND SEAT POST

1. Insert the Seat Post (99) into the rear tube on the Bike Frame (97). Screw a Lock Lever (90) into the rear tube.
2. Attach the Horizontal Seat Adjuster (100) to the Seat Post (99) using one Aluminum Washer (94) and one Lock Lever (90). Attach the Seat (101) to the Horizontal Seat Adjuster (100) and tighten both nuts located on the sides of the bracket on the Seat (100).

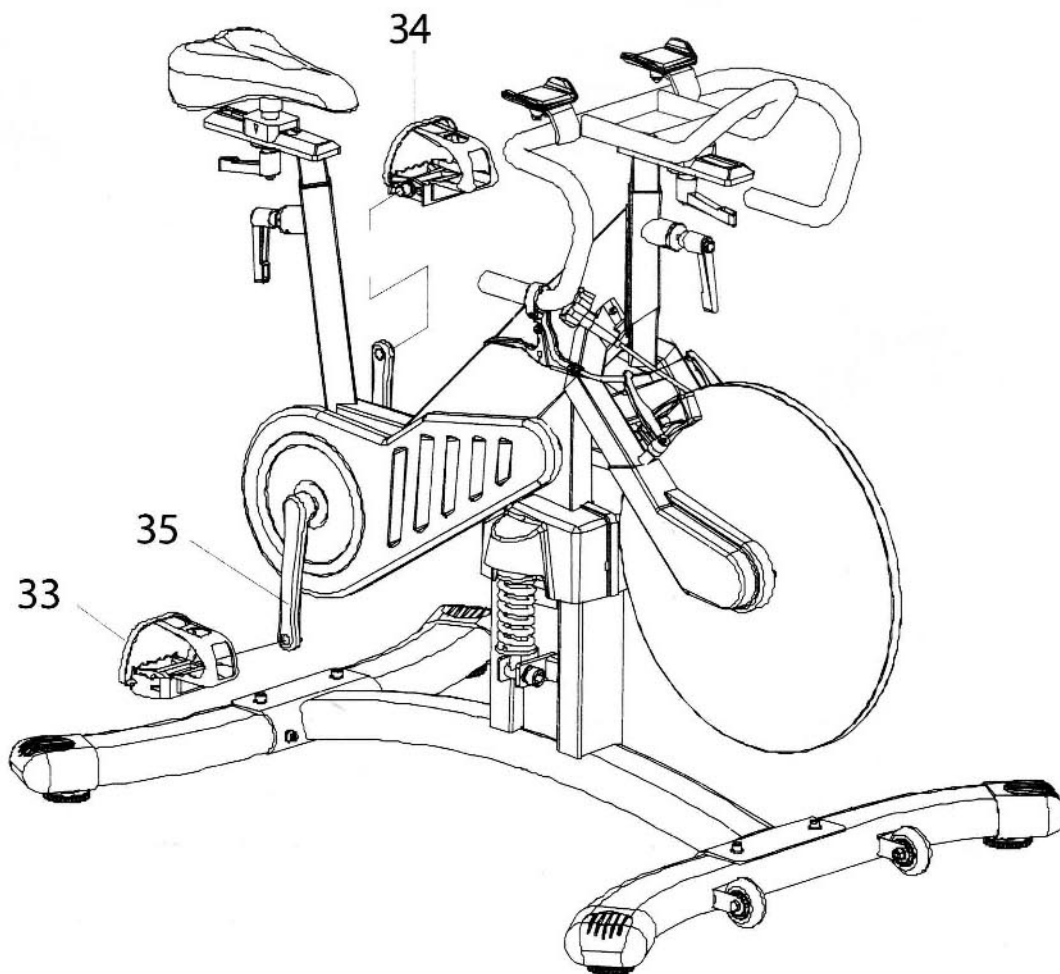


You can adjust the Seat height and forward positioning using the Lock Levers (90). Do NOT raise the Seat Post (99) above the Safety Line! Make sure to screw the Lock Levers (90) tight to avoid slipping. If the Lock Lever (90) hits a frame piece, you can disengage the Lock Lever (90) from the screw by pulling on the spring loaded Lock Lever Handle. Rotate the Lock Lever (90) into a better position, then release and resume tightening.

STEP 4 ASSEMBLE PEDALS

1. Carefully align the thread of the axle on the Right Pedal (33) ("R" on end of axle) with the threaded hole on the Right Crank Arm (35) and screw in clockwise by hand. Tighten the pedal to the crank arm using a 15mm spanner. A little grease applied on the threads should be helpful to screw in easily.
2. Repeat the same procedures to Left Pedal (34), but screw the Left Pedal in counter- clockwise.

Tighten the pedal to the crank arm using the included 15mm spanner wrench.



Assembly is complete! Please take the following steps before using the BODYCRAFT TOUR TRAINER INDOOR CYCLE :

1. Make certain all bolts are tighten securely.
2. Adjust the Seat (101) and Handlebar (103) to your personal settings, and make certain that **all Lock Levers are securely tightened**. Note: If the Lock Lever (90) hits a frame piece, you can disengage the Lock Lever (90) from the screw by pulling on the spring loaded Lock Lever Handle. Rotate the Lock Lever (90) into a better position, then release and resume tightening.
3. Wipe sweat away after every use. Failure to do so may result in a rusty bike.
4. Do not over tighten the V-Block Fixed Screws (92). The depth is preset at the factory. Over tightening can result in stripped threads.
5. You can adjust the side-to-side motion using the large nut at the bottom of the Springs (19). Tightening the nut will stiffen the side-to-side motion.
6. Enjoy many years of a fit lifestyle!

Thank you for purchasing the BodyCraft Tour Trainer Indoor Cycle. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.